Well-planned preproduction is one of the most important elements of food service. It is essential for efficient production and service. Be sure you know this material well. In addition, be sure to practice the knife-handling techniques introduced in Chapter 7.

After studying Chapter 7, you should be able to:

1. Define *mise en place* and explain why care must be taken in its planning.
2. Describe five general steps used in planning *mise en place*.
3. Explain the difference in preparation requirements for set meal service and extended meal service.
4. List five guidelines to observe when sharpening a chef's knife.
5. Demonstrate major cutting techniques required in food preparation.
6. Describe basic pre-cooking and marinating procedures.
7. Set up and use a standard breaking station.
8. Define *convenience foods* in the context of *mise en place* and list eight guidelines for their use.

### A. Terms

Fill in each blank with the term that is defined or described.

1. Cut into small, thin strips, about \( \frac{3}{8} \times \frac{3}{8} \times 2\frac{1}{2} \) in. (3 mm \( \times \) 3 mm \( \times \) 6.5 cm).

2. Any food that has been partially or completely prepared or processed by the manufacturer.

3. Cut into very fine dice, about \( \frac{1}{6} \) in. (3 mm) square.
4. French term for pre-preparation, meaning *put in place*.

5. A semiliquid mixture containing flour or other starch, often used to coat items to be deep fried.

6. To cut into very thin slices.

7. To chop into very fine pieces.

8. To soak a food in a seasoned liquid.

9. To cut into thin but irregular strips, either with a knife or with a coarse grater.

10. Cut into sticks, about \( \frac{1}{4} \times \frac{1}{4} \times 2\frac{1}{2}-3 \) in. (6 mm \( \times \) 6 mm \( \times \) 6-7.5 cm).

11. To chop coarsely.

12. Service of a meal at which all the customers eat at one time.

13. Service of a meal at which customers eat at different times.

14. The preliminary processing of ingredients to the point at which they can be used in cooking.

15. A pre-preparation technique in which an item is cooked partially and very briefly in boiling water or hot fat.

16. The measurement of portions to ensure that the correct amount of an item is served.

17. The basic method used to apply crumb coatings to foods before frying or sautéing.

18. Leafy vegetables cut into thin strips or shreds.

19. The flavorful, colored outer part of a citrus peel.

20. Thin cuts that are square or roughly square.


22. To cut into a barrel or oval shape.

23. Two cuts made with a ball cutter.
B. True/False

1. One disadvantage of traditional large-batch cooking for set meal service is that hot foods deteriorate in quality when they are held at serving temperature.

2. For all recipes, final cooking must be started just before serving (when the waiter calls for the order) in order to produce the best quality foods.

3. When foods are cooked to order, the cooks don’t need to begin work until the first orders come in.

4. A disadvantage of small-batch cooking is that it produces many leftovers.

5. When sharpening a knife on a stone, it is important to press down firmly on the blade.

6. The blade of the knife should be held at a 45-degree angle to the sharpening stone.

7. Most foods hold their quality better in the refrigerator than in the steam table.

8. After sharpening a knife with a steel, you should finish off the job with a few strokes on the stone to true the edge.

9. The tip of the chef’s knife is used for cutting small items and for delicate work, because the blade is thinnest at the tip.

10. Whole spices, such as cloves and peppercorns, are more suitable for long marinations than for short ones.

11. Eggs are always used in batters for deep-frying.

12. Of the various types of marinades, dry marinades have the most tenderizing power.

C. Breading

In the space below, draw a diagram of a breading station.